

# The Sweet Beat

Monthly eNewsletter from Michigan Sugar Company



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# Real. Sweet!

Consumers know, and the FDA's definition accurately reflects, that sugar only comes from sugarcane and sugarbeets.

At just 15 calories a teaspoon, all-natural sugar has been the world's sweetener of choice for more than 2,000 years. Sugar remains the predominate sweetener in every country except the United States, where in recent decades man-made sweetening agents have been created and mass produced.

American consumers are now clamoring for a change and are demanding the trusted taste and goodness of sugar, which exists naturally in sugarbeets and sugarcane, instead of man-made sweeteners. We are thrilled that food and beverage manufacturers are switching back to natural sugar in droves and are confident that this positive trend will continue.

Five artificial sweeteners – acesulfame K, aspartame, neotame, saccharin, sucralose – are approved for use in the United States. All are chemically manufactured molecules – molecules that do not exist in nature.

Over the next five months in *"The Sweet Beat"* we're going to highlight each artificial sweetener – this month: acesulfame K.

[Click here to find out more](#)

## Michigan's Apple Recipe Contest Winners

On January 26, 2011 we had our 6<sup>th</sup> annual Michigan Apple Pie Recipe Contest as well as our 1<sup>st</sup> annual Favorite Apple Recipe Contest. Two finalists walked away with the 1<sup>st</sup> place award of \$500 each. Lois Spruyette of Richmond, MI with her recipe "I Spy a Michigan Apple Pie with Michigan Maple Whipped Cream" for the apple pie category and Marta Dmytrenko of Novi, MI with her favorite apple recipe "Baked Apple-Stuffed French Toast". Congratulations to all of our winners.

Please follow the links for the top three winning recipes in each category.

[Click here for Apple Pie Recipes](#)

[Click here for Favorite Apple Recipes](#)

## Best Soup Recipe in the State



On Wednesday, February 16, 2011 we'll be having The Best Soup Recipe in the State cooking contest. The Contest will be held at The Maytag Store, 3800 Tittabawassee Rd., Saginaw, MI 48604. Our favorite hosts, Art Lewis & Sue Smith, from WSGW 790AM "Listen to the Mrs." will be there. If you have

a recipe that you'd like to enter to be a finalist in our contest, please email your recipe to [Sue@wsgw.com](mailto:Sue@wsgw.com) by February 9, 2011. Eight finalists will compete live to make the Best Soup in the State! If you've got a soup recipe that you'd love to share and possibly win \$200, \$100 or \$50, this is the contest for you!

*Sponsored by: Pioneer Sugar, Bavarian Maytag Store and WSGW 790AM*

## Num Yummers



Ingredients:  
2 C peanut butter (smooth or crunchy)  
2 eggs  
2 C Pioneer Sugar  
2 C chocolate chips  
1 C dried cherries  
1/2 C slivered almonds  
1 jar (6 oz.) caramel ice cream topping

Directions:  
Preheat oven to 350 degrees F.

Mix peanut butter, sugar, and eggs and together in a medium bowl with a large spoon. Mix well. Pat mixture into 9 x 13-inch baking pan; making a 1/4-inch lip around edge. Sprinkle chocolate chips, cherries, and nuts evenly over dough mixture. Pat toppings down gently. Drizzle caramel topping over chips, cherries and nuts.

Bake for 27 - 33 minutes. Cool and cut into squares.

\*Cooks note: Dough mixture can be used for peanut butter cookies; make with or without chocolate chips and/or cherries. Just omit caramel topping. Bake at 350 degrees for 7-12 minutes.

To make a chocolate dough, mix 1/2 C cocoa into the sugar before adding to peanut butter and eggs.

[Click here for more recipes](#)

## Coupon Savings!



Free printable coupon! Save on 5 lbs. of Pioneer Sugar at your favorite local grocery store. Locally Grown. Locally Owned.

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